★ ALL STARS ★ 4 HEALTH HABITS!

Listen to Abidemi's tips and select the options below that you consider correct:





1 *Abidemi gives us tips for when we get...*
a) a cold b) a temperature c) the flu

2 *She says that she usually...*
a) goes to the doctor's b) doesn't go to the doctors

3 *She says that she prefers...*
a) taking medicines b) healing naturally c) taking care of herlself

4 *The first tip she gives is...*
a) sleeping more b) staying awake c) taking pills

5 *She eats more to get more...*
a) nutrients b) energy c) happiness

6 *She says that she consumes more...*
a) coffee b) green tea c) water

7 *Another fluid she consumes a lot is...*
a) beer b) orange juice c) soda

8 *To jump start her immune system she consumes more...*
a) sweet food b) salty food c) spicy food



LIVEWORKSHEETS

YOUR TURN!

Read Abidemi's video script and write your own tips for a cold. Use the script as a guide.

My name is Abidemi and I'm Nigerian. The question is what do you do for a cold? When I get a cold, I usually don't go to the doctor's or take medicine because I think it's healthier to try to have my body heal me naturally, so as much as possible, I try to sleep more. I also try to eat more, so I can get the nutrients that my body needs. I drink lots of water or fluids in general, and especially juice. I drink a lot of orange juice or just oranges and lemons, to help rid my body of the cold, and I also try to eat spicy food to jump start my immune system.

WHAT DO YOU DO FOR A COLD?

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